

STRATEGIES for MINDFUL LIVING

FOR HOMEWOOD CITY SCHOOL SYSTEM EMPLOYEES

Courtesy of UAB Employee Assistance & Counseling Center

Trauma & Post-Traumatic Stress Disorder (PTSD) in Women

Traumatic events can result in serious stress and detrimental consequences for survivors and their families. Contrary to popular belief, going through trauma is not an uncommon experience. According to the National Alliance on Mental Health, about 60 percent of U.S. men and 50 percent of U.S. women will experience at least one traumatic event in their lifetime; a small portion of those will go on to develop post-traumatic stress disorder (PTSD). The

symptoms of PTSD usually occur within a month of a person experiencing a traumatic event. However, in some cases, symptoms may not appear until years later. Many survivors currently living with PTSD experience symptoms that are both chronic and severe. These include nightmares, insomnia, somatic disturbances, difficulty with intimate relationships, fear, anxiety, anger, shame, aggression, suicidal behaviors, loss of trust and isolation.

Women are twice as likely as men to experience PTSD, according to the World Health Organization. A woman's chances of experiencing trauma are higher – 10 percent of women will experience PTSD versus 4 percent for men.

TREATMENT

Treatment of PTSD is dependent on symptoms, age, general health and how severe the condition is. The main treatment for PTSD is counseling. Medicine may also be prescribed to help with anxiety, depression or sleep. Most people with PTSD have a combination of counseling and medicine for treatment.

RESOURCES

If you, or someone you know is struggling with

TRAUMATIC EVENTS CAN INCLUDE...

- » Physical, psychological or sexual abuse
- » Terrorism and war
- » Domestic violence
- » Witnessing violence against others
- » Accidents and natural disasters

immediate thoughts of suicide due to PTSD or other health problems, please make sure they know about the resources and after-hours phone numbers available 24/7, including the **National Suicide Prevention Lifeline** at 1-800-273-TALK (8255) and the **Crisis Text Line** (text UAB to 741-741). For less urgent situations, contact the **UAB Employee Assistance and Counseling Center** at 205-934-2281 to schedule an appointment to speak with a licensed mental health professional.

REFERENCES

1. [*American Psychological Association: Facts About Women and Trauma*](#)
2. [*Loma Linda University Health: If you're struggling with a trauma, it might be PTSD*](#)
3. [*NAMI: PTSD is More Likely in Women Than Men*](#)

